

Darien

Parks and Recreation Department & Senior Activities Center



FALL 2012/ WINTER 2013

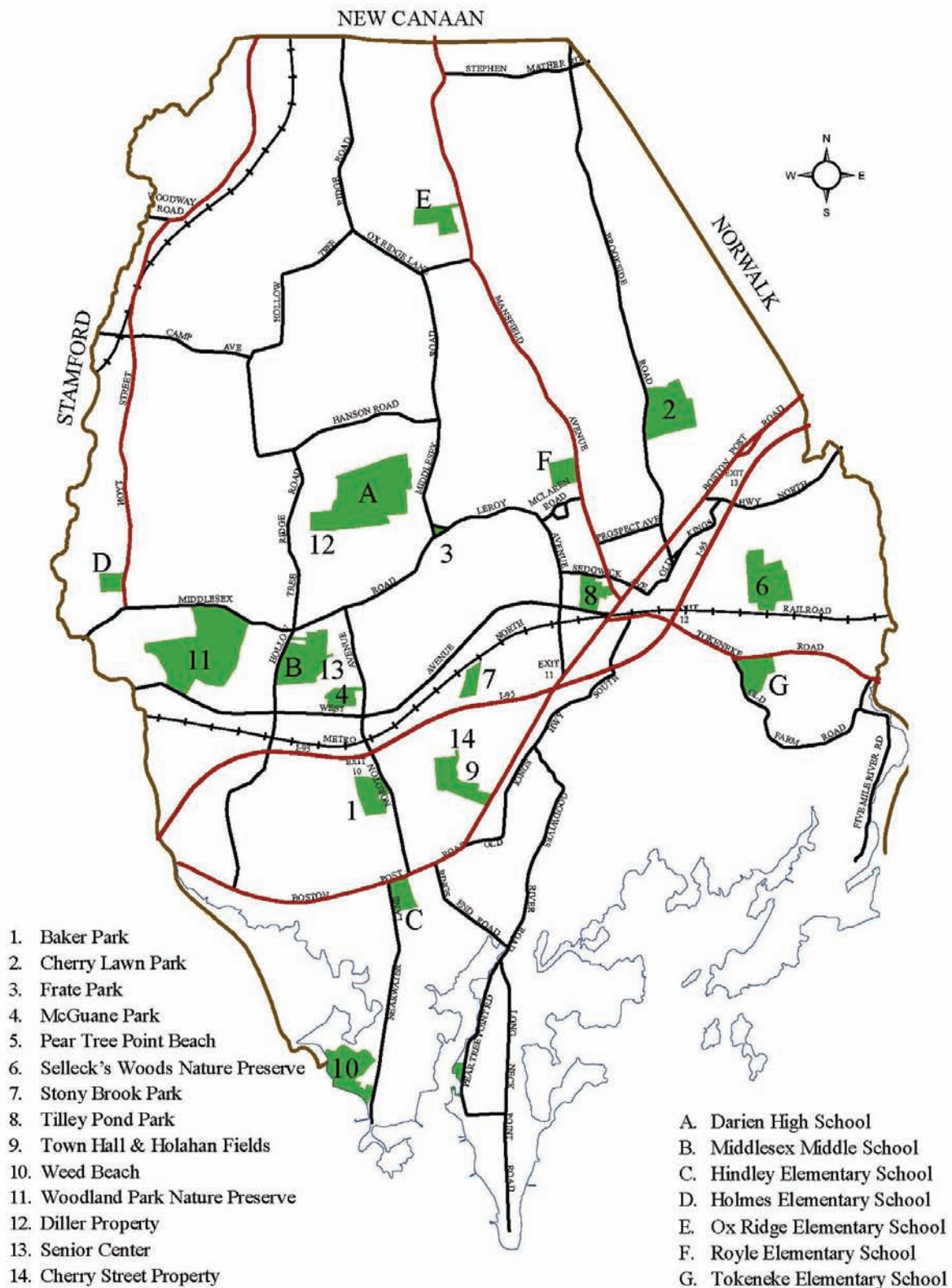
Resident registration for Parks & Rec programs
begins August 28th



Movie at Weed Beach Friday, August 31st (Dusk)
"The Lorax"

Register online at www.darienct.gov/parkrec

MAP OF TOWN PARKS/SCHOOLS



Town of Darien

Parks and Recreation Guide

<i>Parks And Recreation Facilities</i>	<i>Address</i>	<i>Acres</i>	Baseball	Basketball	Boat Launch	Community Gardens	Fishing	Football	Gazebo	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Paddle Tennis Cts.	Parking	Picnic Area	Playground	Soccer	Softball	Swimming	Tennis	Volleyball
Baker Park (1)	75 Noroton Ave.	11.72										*	*		*		*	*	*			
Cherry Lawn Park (2)	120 Brookside Rd.	27.5	*	*		*	*		*	*	*		*		*	*	*	*	*		*	
Frate Park (3)	Corner of Middlesex Rd. & Leroy Ave.	.83											*									
McGuane Park (4)	221 Noroton Ave.	7.5	*										*		*	*	*	*				
Pear Tree Point Beach (5)	127 Pear Tree Point Rd.	7.95			*		*		*						*	*				*		
Selleck's Woods Nature Preserve (6)	Little Brook Rd.	28.093								*			*		*							
Stony Brook Park (7)	Ledge Rd.	11.3								*			*		*							
Tilley Pond Park (8)	Lakeside Ave.	8.651					*		*	*	*		*		*							
Town Hall & Holahan Fields (9)	2 Renshaw Rd.	10	*					*				*	*		*	*		*	*			
Weed Beach (10)	155 Nearwater Ln.	22.12					*		*	*			*	*	*	*	*			*	*	*
Woodland Park Nature Preserve (11)	Middlesex Rd.	64.717								*			*		*							
Diller Property (12)	326 Hollow Tree Ridge Road	5											*									
Senior Activities Center (13)	30 Edgerton Street												*		*							
Cherry Street Property (14)	33 Cherry Street	.16											*									
School Facilities																						
Darien High School (A)	80 High School Ln.	40	*	*				*				*			*			*	*		*	
Middlesex Middle School (B)	204 Hollow Tree Ridge Rd.	27.34	*					*				*	*		*			*	*			
Hindley Elem. School (C)	10 Nearwater Ln.	9.6	*	*				*					*		*		*	*	*			
Holmes Elem. School (D)	18 Hoyt St.	10	*	*				*					*		*		*	*	*			
Ox Ridge Elem. School (E)	395 Mansfield Ave.	9.86	*	*									*		*		*	*	*			
Royle Elem. School (F)	133 Mansfield Ave.	8.3	*	*				*					*		*		*	*	*			
Tokeneke Elem. School (G)	7 Old Farm Rd.	12	*					*					*		*		*	*	*			

GENERAL INFORMATION

Darien Parks and Recreation Department
Town Hall, 2 Renshaw Road

Darien, CT 06820

Phone (203) 656-7325

Fax (203) 656-7393

Website: www.darienct.gov/parkrec

Email: park&recreation@darienct.gov

Office Hours: Monday-Friday, 8:30 AM - 4:30 PM



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IMPORTANT CONTACTS

Darien Little League.....	www.dybs.org
Darien Soccer Association	www.dariensoccer.org
Darien Youth Lacrosse League.....	www.dylax.com
Darien Jr. Football.....	www.fairfieldcountyfootball.org
Darien Youth Hockey.....	www.dyha.com
Darien Jr. Sailing Program.....	darienjuniorsailing.com
Darien Senior Activities Center.....	203-656-7455
Darien Youth Commission.....	203-656-7326
Darien YMCA	203-655-8228
American Red Cross.....	203-621-1900
Darien Library.....	203-655-1234
Darien Ice Rink.....	203-655-8251
Darien Boat Club.....	203-655-1927
Darien Harbor Master.....	darienharbor@darienct.gov
Darien Nature Center.....	203-655-7459
Darien Sail & Power Squadron.....	dps.darien.org
Darien Arts Center.....	203-655-8683
YWCA of Darien-Norwalk.....	203-655-2535

ICE SKATING

Outdoor ice skating is available to Darien residents and their guests on Tilley Pond and Cherry Lawn Pond free of charge. The following signs will be posted for ice conditions: "No skating" or "Skate at your own risk." You are reminded to always exercise caution while skating on ponds.



REGISTRATION INFORMATION

Resident - Starts **Tuesday, August 28th @ 8:30AM**

Non-Resident - Starts **Tuesday, Sept. 4th @ 8:30 AM**

You now have 3 ways to register:

1. **Online** at www.darienct.gov/parkrec

* Please make note of the program course numbers in this brochure. They can be used to easily access programs on our registration website.



* You will need a client barcode number & family pin number to sign up for programs. Please call 203-656-7325 if you have misplaced your access numbers or to start a new account.

2. **By mail** - Mail-in registrations will be handled after those registering in-person on August 28th.

3. **In-person** - Room 110 of the Darien Town Hall

****Please Note**** - For preschool-aged programs, child must be the appropriate age by the start of the program. For all school-aged programs, registrant must turn appropriate age by December 31st, 2012.

PAYMENTS

Payment must be made in full at time of registration. Credit card (Visa/MasterCard), check, or cash payments are accepted. Checks should be made payable to the Town of Darien.



REFUNDS

If a program is cancelled due to insufficient enrollment, a full refund will be given. For any other reason, refunds will be granted up to one week from the start of the program less a \$15 administration fee. If cancellations are made within one week of the program start date, only 75% of the registration fee will be refunded. **No refunds will be granted after the start of a program.**

SCHOLARSHIPS

Full or partial financial assistance is available to help Darien residents who may be unable to afford the full cost of a program. Please call 203-656-7325 for info.

PROGRAM INFORMATION

The Parks and Recreation Department reserves the right to set a minimum & maximum for each program to ensure that instructor-to-participant ratios are maintained. The Parks & Recreation Department reserves the right to cancel any program due to insufficient enrollment. Make-up classes are not provided for classes missed by participants.

COVER PHOTO INFORMATION

Our cover photo of Tilley Pond Park is compliments of Darien resident Nobuko Miki. Please visit her website at www.artbynobu.com to view her beautiful artwork.

FALL YOUTH PROGRAMS

TINY TOTS SOCCER

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)
Sept. 8 - Nov. 12 (no class Sept. 17 & 26, Oct. 6 - 8)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4978
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	4979
Saturday	10:00 - 10:45 AM	Ages 3 - 5	4980
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	4981
Saturday	11:00 - 11:45 AM	Ages 3 - 5	4982
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	4983
Monday	10:45 - 11:30 AM	Ages 2 & 3*	4984
Tuesday	1:15 - 2:00 PM	Ages 3 - 5	4985
Wednesday	12:45 - 1:30 PM	Ages 3 - 5	4986
Wednesday	1:45 - 2:30 PM	Ages 3 - 5	4987
Thursday	10:45 - 11:30 AM	Ages 3 - 5	4988
Thursday	1:15 - 2:00 PM	Ages 3 - 5	4989
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4990
Friday	12:30 - 1:15 PM	Ages 3 - 5	4991
Friday	1:30 - 2:15 PM	Ages 3 - 5	4993

Location: Saturday - Ox Ridge Elementary
Monday - Friday - Town Hall Fields

Fee: Resident - \$155; Non-Res - \$186

Blue Wave Kickers Tiny Tots soccer engages children in physical activity while developing their motor skills and basic soccer skills. Each class consists of dribbling, shooting and passing. Children will be divided into age groups. This program will be run by Jon Bradley, Darien High School's varsity boys soccer coach.



* 2 & 3 year-old classes are Mommy/Daddy & Me!

GIRLS YOGA

Days: Tuesday (12 weeks)
September 18 - December 4

Time: 4:00 - 4:55 PM Ages 7 - 10 **Course #** 5118

Location: Elements Yoga & Wellness Center
(354 Heights Road)

Fee: Resident - \$185; Non-Res - \$222



Yoga is an excellent foundation for everything in life. It enhances sports training and dance; it increases strength and flexibility as well as increases attentiveness and awareness. Your child will also learn to cherish the art of meditation and will relish in the relaxation component that is present in each and every class. Our children's classes incorporate child friendly yoga asana, themes, storytelling, games, music, aromatherapy, and more!

NEW LEVEL TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (6 weeks)
Sept. 8 - Oct. 29 (no class Sept. 17 & 26, Oct. 6 & 8)

<u>Times:</u>			<u>Course #</u>
Saturday	12:00 - 12:45 PM	Ages 3 & 4	4965
Saturday	12:45 - 1:30 PM	Ages 4 & 5	4966
Saturday	1:30 - 2:30 PM	Ages 6 - 8	4967
Saturday	2:30 - 3:30 PM	Ages 9 - 11	4950
Monday	10:00 - 10:45 AM	Ages 3 & 4	4955
Monday	10:45 - 11:30 AM	Ages 4 & 5	4956
Monday	1:45 - 2:30 PM	Ages 3 & 4	4937
Monday	2:30 - 3:15 PM	Ages 4 & 5	4938
Monday	3:15 - 4:00 PM	Ages 4 & 5	4939
Monday	4:00 - 5:00 PM	Ages 6 - 8	4946
Monday	5:00 - 6:00 PM	Ages 9 - 11	4947
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	4940
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	4941
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	4942
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	4948
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	4949
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	4957
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	4943
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	4962
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	4963
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	4964
Thursday	1:45 - 2:30 PM	Ages 3 & 4	4951
Thursday	2:30 - 3:15 PM	Ages 4 & 5	4944
Thursday	3:15 - 4:00 PM	Ages 4 & 5	4952
Thursday	4:00 - 5:00 PM	Ages 5 & 6	4953
Thursday	5:00 - 6:00 PM	Ages 9 - 11	4954
Friday	1:45 - 2:30 PM	Ages 3 & 4	4958
Friday	2:30 - 3:15 PM	Ages 3 & 4	4945
Friday	3:15 - 4:00 PM	Ages 4 & 5	4959
Friday	4:00 - 5:00 PM	Ages 6 - 8	4960
Friday	5:00 - 6:00 PM	Ages 10 - 14	4961

Location: Weed Beach

Fee: 45-minute class (includes racket)
Resident - \$95; Non-Res - \$114
1-hour class - Resident - \$145; Non-Res - \$174



Frank Russo & New Level Tennis will be offering an exciting tennis experience this fall in Darien. Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance students understanding and aptitude for tennis. More advanced players will focus on stroke refinement, movement, court sense and match play. Weather-related make-up classes will be posted on our website.

FALL YOUTH PROGRAMS

FUTURE STARS BASKETBALL

Day: Thursday (8 weeks)
October 18 - December 13
(no class November 22)

Course #
5037

Time: 4:00 - 5:30 PM
Ages 5 - 10



Location: Town Hall Gymnasium

Fee: Resident - \$215; Non-Res - \$258

Future Stars Basketball Academy, top-rated provider of basketball instruction, focuses on skill improvement through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. This program will include Future Stars' "Lessons of Life" educational program and will be run by former college star and NBA player Frank Oleynick.

JUNIOR PADDLE TENNIS LESSONS

Day: Monday, Tuesday, Wednesday, Thursday,
or Saturday (8 weeks)
October 15 - December 15
(no class November 22 & 24)

			<u>Course #</u>
Monday	4:00 - 5:00 PM	Ages 7 - 10	5151
Monday	5:00 - 6:00 PM	Ages 11 - 14	5152
Tuesday	4:00 - 5:00 PM	Ages 11 - 14	5153
Tuesday	5:00 - 6:00 PM	Ages 7 - 10	5154
Wednesday	4:00 - 5:00 PM	Ages 7 - 10	5155
Wednesday	5:00 - 6:00 PM	Ages 11 - 14	5156
Thursday	4:00 - 5:00 PM	Ages 11 - 14	5157
Thursday	5:00 - 6:00 PM	Ages 7 - 10	5158
Saturday	2:00 - 3:00 PM	Ages 7 - 10	5159
Saturday	3:00 - 4:00 PM	Ages 11 - 14	5160

Location: Weed Beach

Fee: Resident - \$215;
Non-Res - \$258



These clinics are an introduction to the game of paddle tennis. Clinics will utilize fun drills and games to teach participants the rules and strategies of paddle tennis.

Paddles will be provided, or participants may use their own.

FUTURE STARS BASEBALL/SOFTBALL

Day: Wednesday (8 weeks)
September 12 - November 7
(no class September 26)

Course #
5040

Time: 4:00 - 5:30 PM

Location: Town Hall Fields
Ages 7 - 12 (boys and girls)



Fee: Resident - \$215; Non-Res - \$258

Instruction will focus on throwing, catching, hitting, and fielding. This program will also include Future Stars' "Lessons of Life" educational program.

DARIEN JR. GOLF ACADEMY

Day: Tuesday (6 weeks)
September 18 - October 23

		<u>Course #</u>
Time:	4:00 - 5:00 PM Grades 1 & 2	5045
	5:30 - 6:30 PM Grades 3 - 5	5046

Location: Town Hall Gymnasium

Fee: Resident - \$180; Non-Res - \$216



Grades 1 & 2 - Junior golfers will learn the FUNdamentals of the golf swing using SNAG golf equipment.

Grades 3 - 5 - Golf class will emphasis Fundamental Movement Skills (FMS) with emphasis on improving swing.

ZUMBATOMICS

Days: Monday (12 weeks)
September 10 - December 17
(no class Sept. 17, Oct. 8 & Nov. 12)

Time: 4:00 - 4:45 PM Ages 5 - 10

Course #
5115

Location: Town Hall Gymnasium

Fee: Resident - \$150; Non-Res - \$180

Zumba Classes designed exclusively for kids by Flair Fitness. Zumbatomic® classes are rockin', high energy fitness-parties packed with special choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton and more. Parents love Zumbatomic® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Class run by Zumbatomic® Licensed Instructor Amber Allen. Please wear workout attire, sneakers & bring a water bottle.

FALL YOUTH PROGRAMS

KARATE

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (12 weeks)
September 10 - December 1
(no class Sept. 17 & 26, Oct. 8, Nov. 6 & 22 - 24)

<u>Time:</u>			<u>Course #</u>
Monday	4:00 - 4:45 PM	Ages 4 - 6	5079
Thursday	4:00 - 4:45 PM	Ages 4 - 6	5080
Saturday	9:00 - 9:45 AM	Ages 4 - 6	5081
Monday	4:45 - 5:30 PM	Ages 7 - 9	5082
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	5083
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	5084
Thursday	4:45 - 5:30 PM	Ages 7 - 9	5085
Friday	4:30 - 5:15 PM	Ages 7 - 9	5086
Saturday	9:45 - 10:30 AM	Ages 7 - 9	5087

Location: Darien Martial Arts Academy (346 Heights Road)

Fee: Resident - \$425; Non-Res - \$510

This program is for beginner students only or those that took the program through Parks & Rec. in the past. Program will not meet when public schools are closed. Each participant will receive a complimentary uniform. Please contact Darien Martial Arts at 203-202-2764 for more information.

FIT FRIDAYS - GIRLS

Day: Friday (10 weeks)
September 14 - November 16

<u>Time:</u>		<u>Course #</u>
5:15 - 6:15 PM		5076
	Ages 10 - 14	

Location: Town Hall Gymnasium

Fee: Resident - \$135; Non-Res - \$162

Girls only class will combine Rebounding, Hooping/Boot Camp/Flexibility Training, a new fitness venue called 'Drums Alive' (cardio Drumming class using stability balls and drum sticks) and Piloxing (Kick Boxing/pilates) for a fun, never boring Fitness program that is sure to please your Pre-Teen and teen girls. Nutrition and healthy lifestyle education also included.



HORSES 101

Days: Sunday or Tuesday (4 weeks)
September 9 - October 2

<u>Time:</u>			<u>Course #</u>
Sunday	12:30 - 1:30 PM	Ages 5 - 14	5042
Tuesday	6:00 - 7:00 PM	Ages 5 - 14	5041

Location: Mead Farm (107 June Road, Stamford)

Fee: Resident - \$215; Non-Res - \$258

Each session includes a 1/2 hour horseback riding lesson in an outdoor ring and 1/2 hour horsemanship class covering general horse care, grooming, tacking & untacking. Requirements include a signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own. This program is designed for beginning riders (those who have not taken lessons at Mead Farm or through Parks & Recreation). Participants must fill out a waiver packet before 1st session!!! These will be mailed home after registration is processed.



GUITAR LESSONS

Day: Wednesday (8 weeks)
September 19 - November 14
(no class September 26)

<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - Beginner		5062
5:00 - 6:00 PM - Beginner		5063
6:00 - 7:00 PM - Intermediate		5064
	Ages 8 - 15	

Location: Town Hall Small Gymnasium

Fee: Resident - \$220; Non-Res - \$264

Want to be the next American idol? Now's your chance to get a start! Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Guitars will be provided for all students to use during their lessons. Rentals are also available - for more information contact Shane O'Reilly at 203-500-5916 or shaneguitartennis@yahoo.com



FALL YOUTH PROGRAMS

LITTLE SCIENTISTS

<u>Day:</u>	Tuesday (8 weeks) October 9 - December 4 (no class November 6)	
<u>Time:</u>	3:00 - 3:45 PM - 4 & 5 years	<u>Course #</u> 5048
	4:00 - 4:45 PM - 5 & 6 years	5049
	5:00 - 5:45 PM - 6 - 8 years	5050
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$155; Non-Res - \$186	

Little Scientists is a "hands-on approach" to learning about the world of science. **Girls and boys** ages 4 through 8 will discover environmental and technological wonders.



Little Scientists' teachers follow a curriculum with a range of topics including *Why the Sky is Blue*, *Magical Magnets*, and *The Forces of Gravity*. Topics will vary with each session.

LEGO ROBOTICS

<u>Day:</u>	Wednesday (4 weeks) November 28 - December 19	
<u>Time:</u>	4:00 - 5:30 PM	<u>Course #</u> 5126
	Ages 7 - 11	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$144	

Lego Mindstorms provides wonderful hands-on opportunities for the students to experiment and learn about the fundamentals of robotics, construction and computer programming. This fall we will be building RCX Robotics models commonly found in carnivals such as bumper cars and merry-go-round and using computer software to bring the models alive!

PIANO LESSONS

<u>Day:</u>	Tuesday (9 weeks) October 2 - December 4 (no class November 6)	
<u>Time:</u>	4:00 - 5:00 PM - 6 - 13 yrs. Level 1	<u>Course #</u> 5054
	5:00 - 6:00 PM - 6 - 13 yrs. Level 2	5055
	6:00 - 7:00 PM - 6 - 13 yrs. Level 3	5056
	7:00 - 8:00 PM - All ages Advanced (must have completed levels 1 - 3)	5057
<u>Location:</u>	Town Hall Small Gymnasium	
<u>Fee:</u>	Resident - \$200; Non-Res - \$240	

This revolutionary piano program builds a musical foundation and creates a hobby that will last a lifetime! Classroom keyboards and all materials are included in the registration fee.

Level 1 is an introductory course




Level 2 is an intermediate course. (Level 1 pre-requisite)

Level 3 is an advanced course. (Level 2 pre-requisite)

Advanced class (Completed all 3 levels)

LEGO IN MOTION

<u>Day:</u>	Monday (4 weeks) November 26 - December 17	
<u>Time:</u>	4:00 - 5:30 PM	<u>Course #</u> 5128
	Ages 6 - 8	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$144	

Calling all Lego enthusiasts and builders to this program. We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs.

WINTER YOUTH PROGRAMS

FUTURE STARS BASKETBALL

<u>Days:</u>	Monday (8 weeks) January 7 - March 11 (no class Jan. 21, Feb. 18) OR Thursday (8 weeks) January 3 - February 28 (no class Feb. 21)	<u>Course #</u> 5038 5039
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Time: 4:00 - 5:30 PM
Ages 5 - 10

Location: Town Hall Gymnasium

Fee: Resident - \$215; Non-Res - \$258



Future Stars Basketball Academy, top-rated provider of basketball instruction, focuses on skill improvement through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. This program will include Future Stars' "Lessons of Life" educational program and will be run by former college star and NBA player Frank Oleynick.

BLUE WAVE KICKERS SOCCER ACADEMY

Day: Tuesday (8 weeks)
January 8 - March 5
(no class February 19)

<u>Times:</u>		<u>Course #</u>
4:00 - 5:00 PM	Grades K - 2 - Boys	5021
5:00 - 6:00 PM	Grades K - 2 - Girls	5022
6:00 - 7:00 PM	Grades 3 & 4 - Boys*	5023
6:00 - 7:00 PM	Grades 3 & 4 - Girls*	5024

Location: Town Hall Gymnasium

Fee: Resident - \$170; Non-Res - \$204



The Blue Wave Kickers Winter Soccer Academy will be run by Jon Bradley, Head Boys Varsity soccer coach at Darien High School and DSA Coaching Director. Jon will be assisted by various DSA coaches and varsity soccer players from Darien.

The BWK Soccer Academy program offers players the chance to further develop their skill set and gain more experience playing soccer...in a safe and fun environment. The more touches on the ball, the faster a player will develop. We will demonstrate techniques such as dribbling, shooting, juggling and many more. The sessions will consist of 30 minutes skill training and 30 minutes playing.

* Gymnasium will be divided

TINY TOTS SOCCER

Days: Tuesday, Wednesday, Thursday,
Friday, or Saturday (6 weeks)

November 27 - January 19
(no class Dec. 7, 22 - 31, Jan. 1)

<u>Time:</u>			<u>Course #</u>
Tuesday	10:45 - 11:30 AM	Ages 2 & 3*	4994
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	4995
Thursday	10:45 - 11:30 AM	Ages 3 - 5	4996
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4997
Friday	1:15 - 2:00 PM	Ages 3 - 5	4998
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4999
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	5013

January 29 - March 16
(no class February 18 - 23)

<u>Time:</u>			<u>Course #</u>
Tuesday	10:45 - 11:30 AM	Ages 2 & 3*	5014
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	5015
Thursday	10:45 - 11:30 AM	Ages 3 - 5	5016
Friday	10:00 - 10:45 AM	Ages 2 & 3*	5017
Friday	1:15 - 2:00 PM	Ages 3 - 5	5018
Saturday	9:00 - 9:45 AM	Ages 3 - 5	5019
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	5020

Location: Town Hall Gymnasium - Tuesday - Friday
Darien High School Wrestling Room - Saturday

Fee: Resident - \$110; Non-Res - \$132

Blue Wave Kickers Tiny Tots soccer engages children in physical activity while developing their motor skills and basic soccer skills. The sessions begin with running and fun stretching exercises followed by playing fun games with the soccer ball.

Each class consists of dribbling, shooting and passing. Children will be divided into age groups. Program is run by Jon Bradley, DHS varsity boys soccer coach.

* Please note - 2 & 3 year-old classes are Mommy/Daddy & Me!



WINTER YOUTH PROGRAMS

BLUE WAVE KICKERS LITTLE ATHLETES

Day: Tuesday or Wednesday (8 weeks)
November 27 - January 15 (no class Dec. 25 & 26, Jan. 1)

<u>Times:</u>			<u>Course #</u>
Tuesday	1:30 - 2:15 PM	Ages 3 - 5	5030
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	5031

January 29 - March 13 (no class Feb. 19 & 20)

Tuesday	1:30 - 2:15 PM	Ages 3 - 5	5032
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	5033

Location: Town Hall Gymnasium

Fee: Resident - \$110; Non-Res - \$132



Blue Wave Kickers staff will engage your child in physical activity while developing motor skills and sports fundamentals. We will help your child build confidence and self-esteem by playing fun games built around sports such as soccer, basketball and t-ball.

NEW LEVEL TENNIS LESSONS

Days: Monday or Thursday (8 weeks)
January 7 - March 11
(no class Jan. 21, Feb. 18 & 21)

<u>Times:</u>			<u>Course #</u>
Monday	10:45 - 11:30 AM	Ages 3 & 4	4968
	11:30 - 12:15 PM	Ages 4 & 5	4969
	12:15 - 1:00 PM	Ages 3 - 5	4970
	1:00 - 1:45 PM	Ages 3 & 4	4971
	1:45 - 2:30 PM	Ages 4 & 5	4972

Thursday	1:00 - 1:45 PM	Ages 3 & 4	4973
	1:45 - 2:30 PM	Ages 3 & 4	4974
	2:30 - 3:15 PM	Ages 4 & 5	4975

Location: Town Hall Gymnasium

Fee: Resident - \$130; Non-Res - \$156



Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. Lessons are intended to be a fun introduction to the game of tennis.

ZUMBATOMICS

Days: Monday (8 weeks)
January 7 - March 11 (no class January 21 & February 18)

<u>Time:</u>		<u>Course #</u>
4:00 - 4:45 PM	Ages 5 - 10	5116

Location: Town Hall Gymnasium

Fee: Resident - \$100; Non-Res - \$120

Please see course description on page 6 of this brochure.

JUNIOR PADDLE TENNIS LESSONS

Day: Monday, Tuesday, Wednesday, Thursday,
or Saturday (9 weeks)
January 5 - March 18 (no class Jan. 21, Feb. 18 - 23)

<u>Time:</u>			<u>Course #</u>
Monday	4:00 - 5:00 PM	Ages 7 - 10	5180
Monday	5:00 - 6:00 PM	Ages 11 - 14	5181
Tuesday	4:00 - 5:00 PM	Ages 11 - 14	5182
Tuesday	5:00 - 6:00 PM	Ages 7 - 10	5183
Wednesday	4:00 - 5:00 PM	Ages 7 - 10	5184
Wednesday	5:00 - 6:00 PM	Ages 11 - 14	5185
Thursday	4:00 - 5:00 PM	Ages 11 - 14	5186
Thursday	5:00 - 6:00 PM	Ages 7 - 10	5187
Saturday	2:00 - 3:00 PM	Ages 7 - 10	5188
Saturday	3:00 - 4:00 PM	Ages 11 - 14	5189

Location: Weed Beach

Fee: Resident - \$240; Non-Res - \$288

Please see course description on page 6 of this brochure.

NEW LEVEL FLOOR HOCKEY

Day: Friday (8 weeks)
January 4 - March 8 (no class Feb. 8 & 22)

<u>Time:</u>			<u>Course #</u>
4:00 - 5:00 PM	Ages 5 - 8		4976
5:00 - 6:00 PM	Ages 8 - 11		4977

Location: Town Hall Gymnasium

Fee: Resident - \$150; Non-Res - \$180



Program will serve as a solid foundation for the game of hockey. Consists of instruction, a skill session & game time.

KARATE

Days: Monday, Tuesday, Wednesday, Thursday,
Friday, or Saturday (12 weeks)
Dec. 3 - Mar. 9 (no class Dec. 22-31, Jan. 1 & 21, Feb. 18-23)

<u>Time:</u>			<u>Course #</u>
Monday	4:00 - 4:45 PM	Ages 4 - 6	5088
Thursday	4:00 - 4:45 PM	Ages 4 - 6	5089
Saturday	9:00 - 9:45 AM	Ages 4 - 6	5090
Monday	4:45 - 5:30 PM	Ages 7 - 9	5091
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	5092
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	5093
Thursday	4:45 - 5:30 PM	Ages 7 - 9	5094
Friday	4:30 - 5:15 PM	Ages 7 - 9	5095
Saturday	9:45 - 10:30 AM	Ages 7 - 9	5096


Location: Darien Martial Arts Academy (346 Heights Road)

Fee: Resident - \$425; Non-Res - \$510

Please see course description on page 7 of this brochure.


WINTER YOUTH PROGRAMS

FIT FRIDAYS - BOYS & GIRLS

<u>Day:</u>	Friday (10 weeks) January 4 - March 15 (no class Feb. 22)	<u>Course #</u>
<u>Time:</u>	4:15 - 5:15 PM Ages 5 - 9	5077
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$135; Non-Res - \$162	

Rebounding, Zumba, Hula Hoop Dance, Yoga/Yoga Circus and Boogie Box Kids with Jump Rope Sports (single & Chinese) are all added to the mix in this fun high energy, and never boring fitness program for kids that includes age appropriate nutrition and healthy lifestyle education. Our exercise topic will change every two weeks so the children can experience many different way to exercise & stay fit.

FIT FRIDAYS - GIRLS

<u>Day:</u>	Friday (10 weeks) January 4 - March 15 (no class Feb. 22)	<u>Course #</u>
<u>Time:</u>	5:15 - 6:15 PM Ages 10 - 14	5078
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$135; Non-Res - \$162	


Girls only class will combine Rebounding, Hooping/Boot Camp/Flexibility Training, a new fitness venue called 'Drums Alive' (cardio Drumming class using stability balls and drum sticks) and Piloxing (Kick Boxing/pilates) for a fun, never boring Fitness program that is sure to please your Pre-Teen and teen girls. Nutrition and healthy lifestyle education also included.

FEBRUARY VACATION CAMP

<u>Dates:</u>	February 19 - 22	<u>Course #</u>
Tuesday - Friday	9:00 AM - 4:00 PM	5070
Tuesday - Friday	9:00 AM - Noon	5071
Tuesday Only	9:00 AM - 4:00 PM	5072
Wednesday Only	9:00 AM - 4:00 PM	5073
Thursday Only	9:00 AM - 4:00 PM	5074
Friday Only	9:00 AM - 4:00 PM	5075
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	\$245 - Tuesday - Friday (full day) \$130 - Tuesday - Friday (morning) \$65 (daily - full day)	


This variety sports camp for children ages 5 - 12 includes instruction in the fundamentals of such traditional sports as basketball and soccer as well as utilizing Overtime Athletics signature curriculum incorporating non-traditional sports.

HORSES 101

<u>Days:</u>	Sunday or Tuesday (4 weeks) March 3 - 26	
<u>Time:</u>		<u>Course #</u>
Sunday	12:30 - 1:30 PM	Ages 5 - 14 5044
Tuesday	6:00 - 7:00 PM	Ages 5 - 14 5043
<u>Location:</u>	Mead Farm (107 June Road, Stamford)	
<u>Fee:</u>	Resident - \$215; Non-Res - \$258	


Please see description on page 7 of this brochure. Lessons are held outside, so please dress in warm clothes!

BOYS INDOOR SOCCER

<u>Day:</u>	Wednesday (8 weeks) January 9 - March 6 (no class Feb. 20)	<u>Course #</u>
<u>Time:</u>	4:00 - 5:15 PM Grades 5 - 7 5:15 - 6:30 PM Grades 8 - 12	5027 5028
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	\$190	

DHS Boys' Varsity Coach Jon Bradley will offer this popular boys soccer clinic. Focus will be on skill refinement on both offense & defense and will include game play.


GIRLS INDOOR SOCCER

<u>Day:</u>	Thursday (8 weeks) January 3 - February 28 (no class Feb. 21)	<u>Course #</u>
<u>Time:</u>	5:30 - 6:45 PM Grades 5 - 7 7:00 - 8:15 PM Grades 8 - 12	5035 5036
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	\$190	

Darien High School Girls' Varsity Coach Leigh Parsons will offer this popular girls soccer clinic. This soccer program will focus on skill refinement on both offense and defense and will include game play.


WINTER YOUTH PROGRAMS

GUITAR LESSONS

<u>Day:</u>	Wednesday (8 weeks) January 9 - March 6 (no class Feb. 20)	
		<u>Course #</u>
<u>Time:</u>	4:00 - 5:00 PM - Beginner	5066
	5:00 - 6:00 PM - Beginner	5067
	6:00 - 7:00 PM - Intermediate Ages 8 - 15	5068
<u>Location:</u>	Town Hall Small Gymnasium	
<u>Fee:</u>	Resident - \$220; Non-Res - \$264	


Want to be the next American idol? Now's your chance to get a start! Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Guitars will be provided for all students to use during their lessons. Rentals are also available - for more information contact Shane O'Reilly at 203-500-5916 or shaneguitartennis@yahoo.com

LEGO ROBOTICS

<u>Day:</u>	Monday (4 weeks) January 7 - February 4 (no class Jan. 21)	
		<u>Course #</u>
<u>Time:</u>	4:00 - 5:30 PM Ages 7 - 11	5127
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$144	


Lego Mindstorms provides wonderful hands-on opportunities for the students to experiment & learn about the fundamentals of robotics, construction and computer programming. This winter, we will be building all-terrain vehicles & sending them through an obstacle course on an imaginary planet!

LEGO IN MOTION

<u>Day:</u>	Wednesday (4 weeks) March 6 - 27	<u>Course #</u>
		5129
<u>Time:</u>	4:00 - 5:30 PM Ages 6 - 8	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$144	

Calling all Lego enthusiasts and builders to this program. We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs.

PIANO LESSONS

<u>Day:</u>	Tuesday (9 weeks) January 8 - March 12 (no class Feb. 19)	
		<u>Course #</u>
<u>Time:</u>	4:00 - 5:00 PM - 6 - 13 yrs. Level 1	5058
	5:00 - 6:00 PM - 6 - 13 yrs. Level 2	5059
	6:00 - 7:00 PM - 6 - 13 yrs. Level 3	5060
	7:00 - 8:00 PM - All ages Advanced (must have completed levels 1 - 3)	5061
<u>Location:</u>	Town Hall Small Gymnasium	
<u>Fee:</u>	Resident - \$200; Non-Res - \$240	

This revolutionary piano program builds a musical foundation and creates a hobby that will last a lifetime! Classroom keyboards and all materials are included in the registration fee.


Level 1 is an introductory course

Level 2 is an intermediate course. (Level 1 pre-requisite)

Level 3 is an advanced course. (Level 2 pre-requisite)

Advanced class (Completed all 3 levels)

LITTLE SCIENTISTS

<u>Day:</u>	Tuesday (8 weeks) January 8 - March 5 (no class February 19)	
		<u>Course #</u>
<u>Time:</u>	3:00 - 3:45 PM - 4 & 5 years	5051
	4:00 - 4:45 PM - 5 & 6 years	5052
	5:00 - 5:45 PM - 6 - 8 years	5053
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$155; Non-Res - \$186	

Little Scientists is a "hands-on approach" to learning about the world of science. **Girls and boys** ages 4 through 8 will discover environmental and technological wonders. Little Scientists' teachers follow a curriculum with a range of topics including *Wonders of a Volcano*, *Magic of Winter*, and *Science of Sound*. Topics will vary with each session.

ADULT PROGRAMS

ADULT TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (7 weeks)
Sept. 8 - Nov. 5 (no class Sept. 17 & 26, Oct. 6 & 8)

<u>Times:</u>			<u>Course #</u>
Saturday	9:00 - 10:30 AM	Advanced	4927
Saturday	9:00 - 10:30 AM	Intermediate	4928
Saturday	10:30 AM - Noon	Low Inter.	4935
Saturday	10:30 AM - Noon	Advanced	4936
Monday	9:15 - 10:45 AM	Beginner	4916
Monday	9:15 - 10:45 AM	Intermediate	4921
Monday	10:45 AM - 12:15 PM	Low Inter.	4917
Monday	10:45 AM - 12:15 PM	Intermediate	4918
Tuesday	9:15 - 10:45 AM	Low Inter.	4913
Tuesday	9:15 - 10:45 AM	Intermediate	4914
Tuesday	10:45 AM - 12:15 PM	Advanced	4915
Tuesday	10:45 AM - 12:15 PM	Intermediate	4922
Wednesday	9:15 - 10:45 AM	Low Inter.	4932
Wednesday	9:15 - 10:45 AM	Advanced	4933
Wednesday	10:45 AM - 12:15 PM	Beginner	4919
Wednesday	10:45 AM - 12:15 PM	Intermediate	4934
Thursday	9:15 - 10:45 AM	Advanced	4923
Thursday	9:15 - 10:45 AM	Intermediate	4924
Thursday	10:45 AM - 12:15 PM	Low Inter.	4925
Thursday	10:45 AM - 12:15 PM	Intermediate	4926
Friday	9:15 - 10:45 AM	Intermediate	4929
Friday	9:15 - 10:45 AM	Advanced	4930
Friday	10:45 AM - 12:15 PM	Beginner	4920
Friday	10:45 AM - 12:15 PM	Intermediate	4931

Location: Weed Beach

Fee: Resident - \$225; Non-Res - \$270

This program is run by Frank Russo and New Level Tennis. At New Level Sports, programs are led by a team of professionals chosen to raise levels of skill development and provide individuals with lessons that will increase both their knowledge and enjoyment in the game of tennis.



Please visit us at www.darienct.gov/parkrec for weather-related make-up dates.

ADULT PADDLE TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Friday or Saturday
Fall (8 weeks)

October 15 - December 15 (no class Nov. 6, 23 & 24)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Women's Team Prac.	5190
Monday	10:30 AM - Noon	Women's Team Prac.	5191
Monday	7:00 - 8:30 PM	Beginner/Adv. Beg.	5139
Monday	8:30 - 10:00 PM	Inter./Advanced	5140
Tuesday	9:00 - 10:30 AM	Inter./Advanced	5141
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	5142
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	5143
Wed.	10:30 AM - Noon	Inter./Advanced	5144
Wed.	7:00 - 8:30 PM	Inter./Advanced	5145
Wed.	8:30 - 10:00 PM	Beginner/Adv. Beg.	5146
Friday	9:00 - 10:30 AM	Inter./Advanced	5147
Friday	10:30 AM - Noon	Beginner/Adv. Beg.	5148
Saturday	11:00 AM - 12:30 PM	Inter./Advanced	5149
Saturday	12:30 - 2:00 PM	Beginner/Adv. Beg.	5150

Winter (9 weeks)

January 5 - March 18 (no class Jan. 21, Feb. 18 - 23)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Women's Team Prac.	5192
Monday	10:30 AM - Noon	Women's Team Prac.	5193
Monday	7:00 - 8:30 PM	Beginner/Adv. Beg.	5168
Monday	8:30 - 10:00 PM	Inter./Advanced	5169
Tuesday	9:00 - 10:30 AM	Inter./Advanced	5170
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	5171
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	5172
Wed.	10:30 AM - Noon	Inter./Advanced	5173
Wed.	7:00 - 8:30 PM	Inter./Advanced	5174
Wed.	8:30 - 10:00 PM	Beginner/Adv. Beg.	5175
Friday	9:00 - 10:30 AM	Inter./Advanced	5176
Friday	10:30 AM - Noon	Beginner/Adv. Beg.	5177
Saturday	11:00 AM - 12:30 PM	Inter./Advanced	5178
Saturday	12:30 - 2:00 PM	Beginner/Adv. Beg.	5179

Location: Weed Beach

Fee: Fall - Resident - \$320; Non-Res - \$384
Winter - Resident - \$360; Non-Res - \$432

Clinics will focus on stroke production, strategy and team-work with a mixture of high intensity drills, point-situation drills, technique work and match play.

ADULT PROGRAMS

ADULT PADDLE TENNIS CAMPS

<u>Day/Time:</u>	<u>Course #</u>
Monday, Oct. 1 9:00 AM - Noon	5130
Monday, Oct. 1 7:00 - 10:00 PM	5131
Wed., Oct. 3 9:00 AM - Noon	5132
Wed., Oct. 3 7:00 - 10:00 PM	5133
Sat., Oct. 6 9:00 AM - Noon	5134
Sat., Oct. 6 Noon - 3:00 PM	5135
Sat., Oct. 13 3:00 - 5:00 PM - FREE CLINIC	5136

Location: Weed Beach

Fee: Resident - \$90; Non-Res - \$108



Start your paddle season off with some great instruction and a lot of fun! Instruction will include all aspects of the game and is a great "tune-up" for the winter season. October 13th is a free clinic & exhibition.

DOG OBEDIENCE & SOCIALIZATION

<u>Day:</u>	<u>Course #</u>
Saturday (6 weeks) September 8 - October 20 (no class Oct. 6)	5117

Time: 10:30 - 11:30 AM

Location: Tilley Pond Park

Fee: Resident - \$150; Non-Res - \$180



This course will focus on attention, some limited heeling, and sits/downs. Class will be fun and motivational with games and attention work to build a solid relationship with your dog. These classes are designed to be an introduction to obedience and socialization. Classes will be run by Rick Weatherstone from Tactical Response LLC. Rick is an AKC Certified Evaluator, K9 Trainer, Patrol Dog Handler and is a member of many national dog obedience/training associations. All dogs must be at least 6 months old and **MUST** have all their vaccinations!

ADULT DROP IN BASKETBALL

Day: Tuesday
September 18, 2012 - August 27, 2013
(does not meet Nov. 6, Dec. 25, Jan. 1)

Time: 7:30 - 9:30 PM

Location: Town Hall Gymnasium



Course #
Fee: Resident - \$60; Non-Res - \$100 5097

This program is an informal drop-in. All participants must register in the office before playing.

GOLF LESSONS

<u>Day:</u>	<u>Course #</u>
Tuesday (6 weeks) September 18 - October 23	5047

Time: 6:30 - 7:30 PM

Location: Town Hall Gymnasium

Fee: Resident - \$180; Non-Res - \$216



Golf class will emphasize improving all aspects of your game - swing, chipping, putting. For both beginner & advanced players.

GUITAR LESSONS

<u>Day:</u>	<u>Course #</u>
Wednesday (8 weeks) September 19 - November 14 (no class September 26)	5065

January 9 - March 6
(no class February 20)

Time: 7:00 - 8:00 PM

Location: Town Hall Small Gymnasium

Fee: Resident - \$220; Non-Res - \$264

Learn chords, scales, theory and best of all - learn to play your favorite songs!!! One-hour classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Guitars will be provided for all students to use during their lessons. Rentals are also available.



CO-ED DROP IN VOLLEYBALL

Day: Monday
September 17, 2012 - August 26, 2013
(does not meet Oct. 8, Nov. 5, 12,
Dec. 24, 31, Jan. 21, Feb. 18, May 27)

Time: 8:00 - 10:00 PM

Location: Town Hall Gymnasium

Course #
Fee: Resident - \$60; Non-Res - \$100 5098



Informal volleyball program for participants to bump, set and spike in a friendly, non-competitive atmosphere. Participants must register in the office prior to playing.

ADULT PROGRAMS

BOOT CAMP & FITNESS W/NICHOLE ARNO

Day: Varies

Fall - September 10 - December 14

Winter - January 2 - April 4



Boot Camp

Mon/Wed/Fri	5:45 - 6:45 AM	Weed Beach/DHS
Mon/Wed/Fri	9:30 - 10:30 AM	Weed Beach/Town Hall
Tuesday/Thur.	8:30 - 9:30 AM	Weed Beach/Town Hall
Tuesday/Thur.	3:00 - 4:00 PM	DHS

Ab Core Class

Tuesday/Thur.	9:30 - 10:30 AM	Weed Beach/Town Hall
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Running Class

Tuesday	10:30 AM	Weed Beach
Thursday	10:30 AM (winter)	Weed Beach

<u>Fall Fees:</u>	<u>Reg. by 9/7</u>	<u>After 9/7</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab. 1 day/wk	\$205/\$246	\$225/\$270
Boot/Ab. 2 days/wk	\$400/\$480	\$440/\$528
Boot/Ab. 3 days/wk	\$605/\$726	\$665/\$798
Running Class	\$130/\$156	\$150/\$180
<u>Winter Fees:</u>	<u>Reg. by 12/28</u>	<u>After 12/28</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab. 1 day/wk	\$175/\$210	\$195/\$234
Boot/Ab. 2 days/wk	\$340/\$408	\$380/\$456
Boot/Ab. 3 days/wk	\$515/\$618	\$575/\$690
Running Class	\$110/\$132	\$130/\$156

Program is found on our online registration website by clicking on the "Programs" tab and then on "Adult Programs". Please email Nicole at nicholearno@gmail.com or call her at 860-729-2038 for more info.

WOMENS INDOOR SOCCER

<u>Day:</u>	Thursday (6 weeks) November 8 - December 20 (does not meet November 22)	<u>Course #</u> 5034
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Time: 8:00 - 9:00 PM

Location: Town Hall Gymnasium

Fee: Resident - \$135; Non-Res - \$162

Due to popular demand, Blue Wave Kickers will be holding the 1st winter indoor soccer clinic for ladies in Darien. Open to women of all ages, the session will consist of 30 minutes of fitness and skills followed by 30 minutes of scrimmaging. Limited to 20 participants.



ZUMBA W/FLAIR FITNESS

Days: Wednesday or Thursday
Fall - September 12 - December 12 (12 weeks)
(no class September 26, November 21 & 22)

<u>Times:</u>		<u>Course #</u>
Wednesday	7:00 - 8:00 PM	5110
Thursday	9:30 - 10:30 AM	5108

Winter - January 9 - March 7 (8 weeks)
(no class February 20 & 21)

		<u>Course #</u>
Wednesday	7:00 - 8:00 PM	5112
Thursday	9:30 - 10:30 AM	5111

Location: Town Hall Gymnasium

Fee: Fall: Resident - \$150; Non-Res - \$180
Winter: Resident - \$100; Non-Res - \$120

These classes are provided by Flair Fitness Studio. Ditch the Workout, Join the Party! Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program. Achieve long-term health benefits while experiencing an exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements. Join Zumba® Licensed Instructor Eddie Calle on Thursday mornings (Wednesday instructor TBD) and party your way to Good Health! Please wear workout attire, sneakers and bring a water bottle. Contact Flair Fitness at 203-202-9200 for more info.

CARDIO KICKBOXING

<u>Day:</u>	Monday - Fall (12 weeks) September 10 - December 17 (does not meet Sept. 17, Oct. 8, Dec. 10)	<u>Course #</u> 5113
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	Monday - Winter (8 weeks) January 7 - March 11 (does not meet Jan. 21, Feb. 18)	<u>Course #</u> 5114
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Time: 9:30 - 10:30 AM

Location: Town Hall Gymnasium

Fee: Fall: Resident - \$150; Non-Res - \$180
Winter: Resident - \$100; Non-Res - \$120



Cardio Kickboxing with Sensei Nahan from Kempo Academy. This class runs from 45 minutes to an hour in length, and is full of high intensity training. We do it all in this class: punching, kicking, stretching, heavy bag work, circuit training, floor exercises, interval workouts, and abs abs abs! This is a great group class filled with the camaraderie of a shared workout experience. Students at all levels of fitness can participate in this program. No two classes are the same so you will not be bored with a routine.

DARIEN SENIOR ACTIVITIES CENTER

MISSION STATEMENT

The mission of the Darien Senior Activities Center is to nurture the physical, intellectual and social well-being of the senior community aged 55 or better by providing a comprehensive and coordinated system of services that enhance individual lives, promote well being, dignity and independence throughout the aging process and keep members connected and integrated into the community by collaborating with other agencies and organizations who provide support programs and social services to seniors, thereby enhancing the independence and wholesome lifestyle for seniors in Darien.

Coordinator: Beth Paris, Gerontologist; eparis@darienct.gov
Program Specialist: Marcy Rand, MSW; mrand@dariennct.gov
Office Manager: Anne DiCeglie; adiceglie@darienct.gov
Master Chef: Tom Mirto
Building Attendant TBA

General Phone: 203-656-7455

Days: Monday through Friday

Hours of Operation: 9:00-3:00

(No Classes: Sept 3, Oct 8, Nov 12, 22, 23, Dec 24, 25)

Registration for the following programs takes place at the Darien Senior Activities Center!

EXERCISE PROGRAMS

Monday	10:00 Low Impact Aerobics with Weights 11:00 Ballet, \$4/Class
Tuesday	10:00 Sittercise 11:00 Tai Chi, \$4/Class 11:00 Wii Bowling
Wednesday	9:00 Stretch, Tone, Balance, \$5/Class 10:00 Yoga, \$4/Class 1:00 Ping Pong
Thursday	9:00 Pilates, \$4/Class 10:00 Zumba Gold, \$5/Class 11:15 Jazzercise, \$5/Class 12:30 Qigong, \$4/Class 12:30 Senior Fitness
Friday	11:00 Ballet, \$4/Class



LANGUAGES

Tuesday	1:00 Italian Conversation 12:30 French Literature (1st Tuesday of month)
Friday	10:00 Beginners Spanish, \$4/Class 11:00 Intermediate Spanish. \$4/Class

Voice Mail...If a program or activity requires a sign up or a reservation, you may call the Center number 203-656-7455, seven days a week 24 hours a day and **leave a message** for the staff. We will get back to you by the next working day to let you know your call has been heard and noted.

ARTS & CRAFTS

Monday	9:30 Stained Glass 9:30 Quilting 9:30 Woodshop
Tuesday	9:30 Woodshop 10:00 Knitting and Needlepoint
Wednesday	9:30 Crafts 10:00 Watercolor Painting, \$4/Class
Thursday	10:00 Acrylic Painting, \$4/Class
Friday	10:00 Ancient Art of Stone Carving 10:00 Oil Painting, \$4/Class 12:30 Jewelry Making, \$4/Class 10:00 Oil Painting, \$4/Class



DISCUSSION GROUPS & CLASSES

Monday	11:00 Discussion Group 1:30 Ukulele Class, \$3/Class
Tuesday	10:00 Writing Class 10:00 Computer Help 12:30 Movie or Health & Wellness Lecture
Wednesday	10:30 Computer Class 12:30 Coupon Cuties 12:30 "Let's Talk"
Thursday	1:00 Computer Q&A 1:00 Short Story Discussion
Friday	12:30 Current Events 12:30 Brain Twisters & Teasers

GAMES

Monday	9:30 Mahjong 1:30 Bingo Swap
Tuesday	9:30 Pickleball, \$3/Class
Thursday	12:30 Mahjong 1:00 Beginners Pickleball



Beginner and Intermediate Bridge class day and time to be announced. Call 656-7455 for more information.

Pinochle and Kings in the Corner are played daily in the morning and in the afternoon. We are looking for Gin Rummy players so if you are interested please call the Senior Center at 656-7455.

DARIEN GARDEN CLUB

A group of dedicated volunteers from the Garden Club lead a flower arranging class each month called "*Pleasure Through Plants Program*." They graciously provide all the flowers and containers to highlight occasions or special holiday themes that month. They offer instructions on making arrangements as well as valuable information on the flowers used at each class. The program is held on the first Wednesday of the month from October through May.

DARIEN SENIOR ACTIVITIES CENTER

DAILY LUNCH

Full dinner is offered daily at 12:00 sharp. A nutritionally balanced meal is prepared by our Master Chef, Tom Mirto. The menu is varied, delicious and a wonderful value at \$4.00. For reservations please call 203 656-7448 or 656-7455 by 11:15 the day of. Dining on entertainment days requires advanced reservations.

WOODSHOP REPAIR PROGRAM

This program is run by several volunteers with various woodworking backgrounds from hobbyists to carpenters. Provides a wonderful light repair service: readjusting table and chair legs, changing hinges on trunks, chests, and cabinets, re-gluing items, replacing mirrors and more... Drop off furniture Monday and Tuesdays between 9:30-11:30. A suggested donation will be requested to support this program and others at the Center. Call 656-7455 for more information.

VOLUNTEER OPPORTUNITIES

Sign In Desk/Reservations	Entertainers
Computer Assistants	Event Planners
Lunch Host/Hostesses	De-Cluttering Squad
Instructors/Group Leaders	Crafters
Gift Shop Managers	Flower Arrangers
Woodshop Repair Workers	Librarians

HOLIDAY BOUTIQUE

From November 5th - December 19th, Grandma's Attic will be transformed into the "go-to" place for holiday gift ideas. Handcrafted, knitted and gently used items. Open Monday - Friday from 10:00 - 2:00.

BLOOD PRESSURE

Blood Pressures are checked the first Monday of every month from 10:00- 11:30. Check our calendar for the exact date.

MONTHLY NEWSLETTER

Monthly Newsletter is available at the Senior Center and Town Hall in Parks & Recreation Office and the Resource Table outside of the Social Services Office. It is also online at www.darienct.gov click on Parks & Recreation then click on Senior Center on far left of the page.

AARP

AARP Chapter 972 meets at the Center the 1st Friday of every Month from September through May at 1:15 pm. Pertinent information is given out regarding AARP as an organization and updates regarding federal programs that impact older adults. A local speaker or entertainment is also part of each monthly meeting. Membership for the year is \$12.00. Call Ron Heinbaugh at 655-0538 for more information.

AARP DRIVING COURSE will be offered twice, September 12th and October 10th. The course is now only one day from 10:00 - 2:30 (lunch break 12:00 - 12:30). The Facilitator is Marge Nielson. Please sign up for either date by calling the Senior Center at 203-656-7455.

FAIRFIELD UNIV. NURSING STUDENTS

We are pleased to host Fairfield University Nursing Students who will be facilitating a **nationally** recognized program that was developed at the Roybal Center of Boston University. ***A Matter of Balance*** consist of eight classes, 2 hours long that will cover setting goals to increase activity, exercises that increase strength, coordination and balance, problem solving and home safety evaluation. This is a wonderful opportunity for experiential learning and since it's underwritten by a grant, it is also **FREE**. Class will be on **Wednesdays, October 17th-December 12th from 9:30-11:30**. Please call the Center to register.

CAREGIVER EDUCATIONAL SUPPORT

The Caregiver Educational Support Group meets the 3rd Tuesday of every month from 1:00-2:30. If you provide care to a family member or friend with multiple needs, especially related to cognitive impairments such as Alzheimer type dementia, this group could be beneficial. A different topic is presented each month. For more information call Beth Paris at 203-656-7455.

MEMBERSHIP

To become a member please fill out a registration card the next time you're at the Center. Membership is free and open to those 55 yrs of age and above. For more information call 203-656-7455.

DARIEN SENIOR ACTIVITIES CENTER

HIGHLIGHTS FOR THE MONTHS AHEAD

Thursday, September 6th at 12:30 there will be a **Patriotic Salute to America** led by Karen Wagner, lead singer of numerous CT Bands, including Route 66. On **Tuesday, September 18th** an **International Celebration** which will be reflected in lunch that day (\$4.00) as well as music from many different countries by Bob Lupi, entertainer extraordinaire. Back by popular demand on **Thursday, September 27th** at 12:30 is our **Hoedown** with Cowboy Richard Stillman. There will be a country show full of rope tricks, cowboy hat tricks, guitar and banjo playing that will have your feet stomping and heart pumping. Enjoy the BBQ Lunch (\$ 4.00) before the fun starts!

OKTOBERFEST Ach, Du Lieber! On **Thursday, October 18th** a little bit of Germany comes to the Center. Dressed in authentic lederhosen, CT entertainment will feature favorites like, the Beer Barrel Polka, Happy Wanderer, Muss I Denn, Edelweiss and much more. Solos on the Swiss Alphorn, Accordion and Cuckoo Whistle promises to be an event that keeps you clapping and smiling. German Fare will be served (\$4.00). Celebrate **Halloween** on **Tuesday, October 30th** with **Tony Castle and Patsy Shore**. Back by popular demand they will sing songs by Frank Sinatra, Connie Francis, Patsy Cline, Tony Bennett, Doris Day and a few spooky numbers to get us in the mood. Come dressed in a costume for a chance to win "best costume prize". Chef Tom will make a spooketacular meal (\$4.00).

Honor our Veteran's with the **Sedgwick Sister's, Thursday November 8th**. This real sister group will perform songs from the Andrew Sisters/WWII Vintage Broadway and Jazz greats of yesteryear. Their shows are lively and fun to watch, as well as hear and they will enjoy interacting with the audience. Chef Tom will offer an All-American lunch at 12:00 (\$4.00). Our **Holiday Boutique** will open on **Tuesday, November 13th through Friday, December 21st, Monday-Friday from 10:00-2:00**. Grandma's Attic will be transformed this year into a winter wonderland filled with hand crafted items for adults and children, ornaments, jewelry and more... a great place to shop for unique gifts. On **November 14th** our traditional **Thanksgiving Celebration** will be held. Dinner will be served at Noon (\$4.00) followed by the amazing **Brian Gillie** on piano and vocals. Get ready to hear Gershwin, Cole Porter, Irving Berlin, Elvis and Rodgers and Hammerstein just to name a few. You will be **THANKFUL** you came!

December brings so many groups of visiting children to entertain and delight as well as other musical performers. Please check dates to be announced. Energetic **Park Street Singers** will be here on **Monday, December 3rd**, **Classic Shubert Singers** on **Thursday, December 6th** and **Tony Castle & Patsy Shore** with their **Holiday Program** on

Tuesday, December 11th. **ALL Entertainments begin at 12:30!** Don't miss any of these offerings! The traditional **Circle of Light Celebration** will be held on **Wednesday, December 19th**. Chef Tom Mirto prepares an exquisite meal that day followed by our symbolic Circle of Light Ceremony and group sing with the talented Bonnie Liedner on piano and our own angel of song Mary Garrantana.

SAVE THE DATE: SEPTEMBER

Sept 4 Art Gottlieb: Battle of the River Plate 12:30
Sept 5 State Senator Bob Duff 11:30
Sept 6 ACBL Diamond Series Bridge Begins 10:00
Sept 6 Patriotic Salute to America - Karen Wagner 12:30
Sept 7 Intermediate Bridge Begins 12:30
Sept 10 Thyroid Talk with Family Center 12:30
Sept 12 AARP Driving Course 10:00-2:30
Sept 18 International Day with Bob Lupi 12:30
Sept 21 "Ask a Lawyer" 11:00
Sept 24 Flu Clinic 9:30
Sept 27 Hoedown with Richard Stillman 12:30

SAVE THE DATE: OCTOBER

Oct 2 Art Gottlieb: US Pacific Fleet Submarines in WWII 11:00
Oct 2 Medicare Part D 12:30
Oct 3 Flu Clinic 9:30
Oct 10 AARP Driving Course 10:00-2:30
Oct 10 Cookie Martini with Bonnie Leidner on Piano 12:30
Oct 11 Long-Term Care: Lunch & Learn 11:00
Oct 16 Blue Notes Entertainment 12:30
Oct 17 "Matter of Balance" Series Begins 9:30
Oct 18 Oktoberfest 12:30
Oct 19 "Ask a Lawyer" 11:00
Oct 30 Halloween with Tony Castle & Patsy Shore 12:30

SAVE THE DATE: NOVEMBER

Nov 6 Art Gottlieb: Atomic Bomb 12:30
Nov 8 Sedgwick Sisters Celebrate our Veterans 12:30
Nov 14 Thanksgiving Dinner 12:00; \$4.00
Reservations Required - Call 656-7455
Nov 14 Brian Gillie Thanksgiving Entertainment 12:30
Nov 16 "Ask a Lawyer" 11:00

SAVE THE DATE: DECEMBER

Dec 3 Park Street Singers 12:30
Dec 4 Art Gottlieb: Operation Crossroads 12:30
Dec 6 Shubert Chorale Entertainment 12:30
Dec 11 Tony Castle & Patsy Shore Entertainment 12:30
Dec 19 Santa Visits 11:30
Dec 19 Holiday Luncheon 12:00; \$4.00
Reservations Required - Call 656-7455
Dec 19 Circle of Light Holiday Celebration 12:30
Dec 21 "Ask a Lawyer" 11:00



PARKS & RECREATION PROGRAM REGISTRATION FORM

(Please Print and Fill Out Completely)

Resident Registration begins
Tuesday, August 28th

Please fill out the Registration Form completely. All pertinent information is needed to register. Forms that are not properly filled out will be returned. Mail in or Drop off the Registration Form with payment in full to the Darien Parks and Recreation Department. Checks should be made out to the *Town of Darien*.

Registration Forms and Payment mailed to:
(Mailing in form does not guarantee enrollment)

Darien Parks and Recreation Department
Town Hall, 2 Renshaw Road
Darien, CT 06820

Parent Last _____ Parent First _____

Street # _____ Street Name _____ City _____

State _____ Zip _____ Home # _____ Cell # _____ Email _____

Participant Name	M/F	Birth Date	Age	Grade	Course #	Program Name (note fall/winter)	Time/Day	Fee
Total Fee							\$	

Emergency Contact _____ Relation _____ Phone _____
(Someone other than the parent/guardian)

Allergies/Medications _____

Please advise us of any special needs of program participants: _____

Other Information/Comments _____

Waiver of Town Liability: I understand that injuries are inherent with recreational activity. In the event that an injury occurs to myself or family members, I agree to hold the Darien Park and Recreation Department, Darien Park and Recreation Commission, and any other person or contractor connected therewith the Town of Darien, harmless from all claims for personal injury, bodily injury and property damage arising from the use of Town facilities, participation in Town activity or use of Town equipment during the course of a Town of Darien sponsored activity.

Parent/Guardian Signature _____ Date _____

For Office Use Only

Total Fee _____ Check # _____ Cash _____ Visa _____ MC _____ Staff Initials _____ Date _____

RESIDENTIAL CUSTOMER

WEED BEACH PADDLE TENNIS

Come out this winter and participate in the exciting game of paddle tennis!

The Parks and Recreation Department has five paddle tennis courts and a wonderful new paddle building located at Weed Beach Park. The 2012 - 2013 season begins Monday, October 8th and concludes Saturday, March 23rd. Advance block time is available with a lottery deadline of September 10th. Please call the Parks and Recreation Department at 203-656-7325 or visit us online at www.darienct.gov/parkrec for more information on paddle tennis, including reserving courts and the building for a paddle party on a Friday or Saturday night.

If you would like to reserve a court during the paddle season, please call the courts directly at 203-656-7437.

Hours of operation at the paddle courts:



Monday - Friday	9 AM - 10 PM
Saturday	8 AM - 8 PM (open until 10 PM with advanced party reservation)
Sunday	8 AM - 6 PM



Paddle tennis lessons are also provided at Weed Beach. Lesson info. can be found on pages 6, 10, 13 & 14 in this brochure.

PARK & RECREATION COMMISSION

The mission of the Park and Recreation Commission is to nurture active and passive recreational activities within existing Town parklands; to maintain clean and attractive facilities; and to adjust and expand both the recreational programs and parklands to meet the recreational requirements of all residents in a cost effective manner. The Park and Recreation Commission meets the third Wednesday of the month at 7:30 PM in Room 119 of Town Hall.

Jane Branigan, Chairperson	Susan Daly
Mary Flynn	Susan Graham
Marianne Gutierrez	Andrew Hunter
Robert Marchesi	Erika Morris

PARKS & RECREATION DEPARTMENT STAFF

Susan Swiatek, CPRP	Director of Parks & Recreation
Jim Coghlan, CPRP	Assistant Dir. of Parks & Recreation
Jeanne Foulds	Office Administrator
Joan Cavett	Program Secretary
Linda Hannett	Program Secretary
James E. Flynn	Supervisor of Parks Maintenance
Sandy Rich	Turf Maintainer
Edwin Acevedo	Parks Maintainer
Lucien Goulet	Parks Maintainer
Rick Scharmer	Parks Maintainer
Jack Whitehead	Parks Maintainer